

ABSTRACT OF THE DISCLOSURE

A vibration type drive unit comprises a vibrator made of an elastic body to which an electromechanical energy conversion element is fixed
5 and a moving element which is in contact with a surface of the vibrator so that by applying an alternating signal to the electromechanical energy conversion element. A progressive wave is generated on a surface of the vibrator to move the moving
10 element, wherein the vibrator has a plate-like elastic body and a column-like elastic body, the electromechanical energy conversion element is fixed to a side surface of the plate-like elastic body. The column-like elastic body is formed on a central
15 portion of a surface of the plate-like elastic body which is different from the surface to which the electromechanical energy conversion element is fixed.